

Briefs . . .

Veterans Day ceremony

The Fort Sam Houston Veterans Day ceremony will be Friday at 10 a.m. at the Fort Sam Houston National Cemetery. The event includes remarks from William McLemore from the U.S. Department of Veterans Affairs, a wreath presentation, a tribute to Veterans by the Native American community, and music from the Army Medical Command Band and the Texas Children’s Choir. The keynote speaker is Maj. Gen. George Weightman, installation commander.

Groundbreaking ceremony

The U.S. Army Medical Department Center and School will host a groundbreaking ceremony for the Department of Nursing Science’s Dunlap Hall Tuesday at 9:30 a.m. on the open field adjacent to the Sam Houston Club.

Health fair

The Fort Sam Houston Health Fair for civilian employees will be Wednesday from 10:30 a.m. to 3 p.m. at the San Antonio Credit Union conference room, Building 2750, on Stanley Road. Various health insurance representatives will be available to hand out information and answer questions. For more information, call the Civilian Personnel Advisory Center Employee Services Division at 221-2526.

Car seat safety check

Fort Sam Houston military and civilian ID cardholders are invited to a free car seat safety check Wednesday from 9 to 11 a.m. in the parking area across from the bowling center. Car seat safety specialists will check car seats for possible recall and ensure seats are properly installed and safety restraints are being used correctly. People should bring their children to the check. For more information, call John Williams, Army Community Service Family Advocacy Program educator, at 221-0349 or 221-2418.

Powwow

The sixth annual powwow, “Honoring the Veterans,” will be Saturday from 10 a.m. to 9 p.m. at the Hacienda Recreation Center. The family event features food, crafts and a day of festive dancing. For more information, call Master Sgt. Michael Boehringer, installation equal opportunity adviser, at 336-4993 or Sgt. 1st Class Donovan Jackson, 32nd Medical Brigade equal opportunity adviser, at 488-2194.

Holiday Ball

The Fort Sam Houston 2005 Holiday Ball will be Dec. 9 at 6 p.m. at the Sam Houston Club. People are invited to bring a new, unwrapped gift for Holiday Helping Hands, an organization of post volunteers who assist families in need with toy donations and commissary food vouchers. The cost is \$23. For reservations, contact a unit activity representative before Dec. 2.

See **BRIEFS** on Page 4

Mission Thanksgiving

Mission Thanksgiving offers the community an opportunity to open their homes on Thanksgiving to Soldiers training at Fort Sam Houston. The deadline to sign up is Tuesday. For more information, call 221-3390.

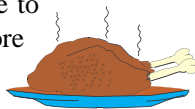


Photo by Elaine Wilson

Kall Symons, Joint Biological Agent Identification and Diagnostic System logistics manager from Idaho Technology Inc., runs diagnostic tests on the JBAIDS to ensure its working properly while Maj. Scott Hanna, deputy director of the Department of Defense Veterinary Food Analysis and Diagnostic Laboratory, observes.

Fort Sam first in Army to receive new bio-warfare defense system

By Elaine Wilson
Fort Sam Houston Public Information Office

Fort Sam Houston is the first installation in the Army to receive the latest technology in biological warfare defense, the Joint Biological Agent Identification and Diagnostic System.

The device is one of only 20 initially being fielded throughout the Department of Defense, and one of five that will be dispersed throughout the Army in the coming weeks, said Jim Murray, lead JBAIDS trainer and course director for the Army Medical Department Center and School.

The system uses cutting-edge DNA technology to accurately identify up to 10 different biological warfare agents, including anthrax, tularemia and plague. The system of equipment and biochemical test kits fits easily into field deployable and fixed-facility laboratories.

“This is the first Department of

Defense laboratory system for confirmation of biological threat agents in the field,” Murray said. “We are now able to take accurate identification into the field where it is needed most rather than losing time by sending samples back to a lab.”

The technology is more accurate than other rapid diagnostic methods, like handheld assays. “They don’t have nearly the same sensitivity or specificity,” Murray said.

Sensitivity is the ability to accurately identify specimens containing an agent and specificity is accuracy in pinpointing the percentage of specimens without an agent.

JBAIDS is not just accurate; it is fast. The device can identify the presence of a bio-warfare agent in about 40 minutes, a process that once took two to four days in a microbiology laboratory.

“With rapid identification of a threat, we can better fight bioterrorism,” said Murray.

The post’s new acquisition has been placed in the Department of Defense Veterinary Food Analysis and Diagnostic Laboratory, a facility that performs food, water and ice testing for all military branches.

“JBAIDS will allow us to test for biological warfare agents in food and water, which are easy targets for terrorists looking to strike a large population and cause mass panic,” said Maj. Kelley Evans, U.S. Army Veterinary Corps combat developer. “Our food distribution system is so efficient in the U.S. that if someone placed an agent in a food production plant, for example, it could be spread throughout the U.S. in an estimated seven days.

“With such a serious threat, it only makes sense to put the first JBAIDS in the lab,” she added. “They receive food samples from throughout the world on a daily basis.”

See **BIO-WARFARE** on Page 4

Fort Sam Houston MWR shines in Army-wide competition

By Alexandra Nordeck
Morale, Welfare and Recreation

The Fort Sam Houston Directorate of Morale, Welfare and Recreation had a strong showing in this year’s Festival of the Performing Arts and Recreation Program Competition, a Community and Family Support Center awards program that includes installations Army-wide.

The competition, which takes place April through September, provides an outlet to showcase talent and enhance opportunities for Soldiers and family members.

In the music and theater awards category, the Harlequin Dinner Theatre received third place for outstanding production for “Crimes of the Heart.” The play also garnered awards for

Bruce Shirkey, third place for outstanding direction; Yvette Oaks-Crabtree, third place for outstanding costume design; and Carole Asbury, second place for outstanding performance by an actress in a leading role.

Fort Sam Houston Better Opportunities for Single Soldiers also received awards for its entry “BOSS Presents Soldier Supermodel Search” at the Hacienda Recreation Center. Ben Paniagua was awarded first place for outstanding direction of a BOSS variety show. Other awards were presented to Robert Breazeale, second place for outstanding set design and outstanding lighting design of a BOSS Variety Show, and Spc. Timothy Balke, first place for outstanding instrumental soloist.

See **MWR SHINES** on Page 4

Honor veterans, remain vigilant

By Maj. Gen. George W. Weightman
Installation commander

On Nov. 11, our nation pauses to pay special tribute to the veterans of our nation Armed Forces – past and present. Since President Wilson proclaimed the first observance one year following the armistice that ended World War I, it has been an occasion of pride and remembrance in our armed forces.

As we benefit from the sacrifices of veterans, we must recognize that the price of freedom is vigilance. Privately owned vehicle

and hunting accidents are major contributors to holiday statistics. This fiscal year, 302 Soldiers have perished in POV accidents, exceeding the Army’s three-year average of 244 fatalities. We must take the appropriate actions to halt and reverse this disturbing trend. Leaders at all levels must ensure that our Soldiers and employees remain vigilant during the holiday.

Safety briefings should include, but are not limited to: adherence of posted speed limits, wearing of seat belts, defensive driving, drinking and driving and the importance of adequate rest. Be sure to plan ahead and

apply risk management to all activities.

Additionally, emphasize sexual assault prevention, and what to do and how to help someone who has been sexually assaulted. Guidance on this topic is available at www.sexualassault.army.mil.

On Veterans Day 2005, let us join together in remembering our veterans and giving thanks for all they have done for us and our great nation. Let us pray for the safety and well being of our men and women in uniform. I need your personal involvement and commitment to make this Veterans Day holiday accident free. Enjoy and be safe.



Maj. Gen George W. Weightman

Fort Sam Houston News Leader

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San Antonio's mayor applauds military

Story and photo by Cheryl Harrison
Fort Sam Houston Public Information Office

San Antonio's mayor, Phil Hardberger, guest speaker for the Association of the U.S. Army luncheon Friday, commended the military for its role in making the city what it is today.

Hardberger, a former Air Force B-47 bomber pilot, captured the audience with opening remarks, "The Air Force and the Navy do a lot of good, but the truth is, it's the Army that wins the wars!"

He went on to say the inter-relationship between San Antonio and the military is a part of the identity of the city. "San Antonio without the military is unimaginable." Between 1849 and 1861, the U. S. Army established 30 new forts in the state of Texas alone. The two greatest influences historically were the military and the Catholic church. They are what formed the city of San Antonio.

"Our economy has grown and thrived over the years with the presence of the Army and the Air Force. And Fort Sam will be the largest military training site in the world," Hardberger said, referring to the Base Realignment and Closure, which will result in \$1.6 billion in new construc-

tion at Fort Sam Houston and an influx of new people assigned to San Antonio, now considered a regional military hub.

When Hurricanes Katrina and Rita evacuees arrived in San Antonio, the military played a very large role in the effectiveness of the operation, both with resources and manpower, Hardberger said. It was a huge accomplishment, which only the military could have strategically achieved.

"San Antonio is a very patriotic city," he said. "It honors its military for their sacrifices, not just because we know them. They are our neighbors, our children; we work with them; they are brothers, sisters, all part of the culture of San Antonio. We are proud of them."

San Antonio boasts the top military recruiting centers in the nation. The reason, "We are part of the military way of life, we are part of the



Maj. Gen. George Weightman, commander, Fort Sam Houston and Army Medical Department Center and School, talks with San Antonio Mayor Phil Hardberger, guest speaker for the Association of the U.S. Army luncheon Friday.

families and the heritage, and San Antonio is very patriotic," he said.

Hardberger concluded by saying, "It's a pleasure to be a part of the military.

I appreciate what you're doing. I appreciate your service. Thank you for making America a great country and San Antonio a great city."

City celebrates America's military



Photos by Phil Reidinger
Parade grand marshal Lt. Gen. Ricardo Sanchez shares his ride in a vintage Brooke Army Medical Center jeep with Medal of Honor recipient Col. Robert Howard during the Veterans Association parade Saturday. The annual parade is held each year during Celebrate America's Military Week, which runs through Sunday.



Photo by Phil Reidinger

Show of appreciation

The Joint Services Color Guard, led by Staff Sgt. Jesse Meza, Fort Sam Houston Honors Platoon, prepares to present the colors during the opening ceremony of Celebrate America's Military Week at the H.E.B headquarters. The Greater San Antonio Chamber of Commerce hosts a series of events each year prior to Veterans Day to show appreciation to the military.



Staff Sgt. Bryan Arbic, U.S. Army Garrison, and his wife, Kristi, ride a World War I ambulance during the annual Veterans Association parade. The couple represented the Army family during the parade.



San Antonio military ambassadors greet the crowd in front of the post office as the military services float prepares to turn in front of the Alamo. Master Sgt. Thomas Gray represented Fort Sam Houston and the Army.

Briefs cont. . . .

Museum closure

The Fort Sam Houston Museum will close Friday and re-open Saturday at 10 a.m.

BAMC entrance closure

The Brooke Army Medical Center bed tower entrance will close Friday from 6:30 a.m. to 8 p.m. Patients, visitors and staff will not be allowed to enter or exit during this time. Extra shuttle runs will be available to transport people to and from the facility during the closure.

SJA closure

The Fort Sam Houston Office of the Staff Judge Advocate will be closed Nov. 18 from 12 p.m. to close of business in observance of Thanksgiving. In case of an emergency, contact the on-call officer at 393-3531.

Camp Bullis User’s Conference

Camp Bullis will host its fifth User’s Conference Wednesday; registration will be from 7:30 to 8 a.m. at the Camp Bullis theater, Building 5900. The conference will be from 8 a.m. to 5 p.m., ending with a bus tour of Camp Bullis, ranges and training areas. Classes include wetbulb, risk assessment, scheduling, range control briefing and a range certification class. For more information, call Ron Lane, Camp Bullis operations, at 295-7592 or 295-7633 or e-mail ronald.lane@samhouston.army.mil.

Green to Gold briefing

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Capt. Chez Barela, from St. Mary’s University, will be available to answer questions. Briefings will take place Dec. 5 and Jan. 23 at 11 a.m. and 12 p.m. at Building 2247, next to the Education Center, in the training room. For more information, call 221-9881.

Newcomers’ Extravaganza

The Fort Sam Houston Newcomers’ Extravaganza will be Nov. 29 at 9 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. The event is mandatory for all permanent party in-processing Soldiers, lieutenant and below, within 60 days of their arrival. Soldiers, civilians and families will have the opportunity to learn about Fort Sam Houston and the San Antonio area. Children are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

Safety officer training

The next collateral duty safety officer training class will be Dec. 13 from 7:30 a.m. to 4 p.m. in Building 2841, Room 2202. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

MWR shines

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Fort Sam Houston’s third entry into the competition was in the children and youth programs, teen talent competition category. The performing arts group, The Rainbow Kids, earned Ron Joy a first place award for outstanding direction of a variety entertainment. Seven-year-old Christian Shreckhise received an award for second place for outstanding male vocal soloist.

“This award is a team effort and a tribute to all the members of The Rainbow Kids, their parents and the Fort Sam Houston Youth Services,” Joy said. “It’s an honor to accept this award on behalf of everyone involved.”

Yari Santiago also received a special commendation for ongoing creative and technical support of recreation programming events at Fort Sam Houston.

DoD’s pandemic flu Web site goes live

WASHINGTON, D.C. — In partnership with other federal agencies, the Defense Department’s Deployment Health Support Directorate went “live” Monday with a Web site to help meet the objectives outlined in President Bush’s national strategy for pandemic influenza.

Pandemic flu is a global outbreak of flu that occurs when a new flu virus appears in people, causes serious illness and spreads easily from person to person. The avian flu strain H5N1 is the virus currently considered to be the most likely to cause a new flu pandemic, according to the new Pandemic Flu Web site.

The site, at deploymentlink.osd.mil, offers information about pandemic flu and avian flu. It has a section of frequently asked questions, a glossary of important terms and health-related information. The site includes links to other federal

government agencies, and more information will be added as it becomes available, officials said.

The site also has a section with information for service members, such as the DoD’s role in dealing with avian flu, the risks for service members overseas and protective measures that can be taken.

“In the past few months,” read a statement on the new Web site, “DoD assistance to civil authorities during recent natural disasters has demonstrated that, when directed, we are able to respond with a wide array of capabilities to support the nation during times of need.

“With these same capabilities and others, we stand ready to assist in the event of a pandemic,” the statement read.

(Source: American Forces Press Service)

Centers offer veterans distinctly qualified assistance

By Samantha L. Quigley
American Forces Press Service

WASHINGTON, D.C. – Combat veterans dealing with readjustment issues as they return home have a place to turn, thanks to a Department of Veterans Affairs initiative.

The Vet Center program provides returning veterans with someone to talk to who can relate to their experiences.

Former Cpl. Rafiq Raza of Orlando, Fla., is one of about 100 “global war on terror outreach technicians” working for the Vet Center program. Like his colleagues, he is a combat veteran, which gives him an edge in his job, he said.

Raza said his two tours in Afghanistan as an intelligence analyst with the 10th Mountain Division make him credible.

“It’s one thing to send a stranger in front of a group of troops who have come back from Iraq or Afghanistan and let them know about services available,” he said. “It’s really different when you actually have someone who’s been there and put the boots on.”

The technicians are charged with finding returning combat veterans in their

communities and letting them know they have someplace to go if they need help readjusting to life after the war.

“I ... let them know that there’s help out there for them if they need it. There’s a place within the community that they can go that’s kind of outside the official walls of the Department of Veterans Affairs and the clinical side of the VA,” Raza said.

He called the center “a safe, friendly environment located within the community.”

“It’s a good place to be,” Raza explained, “and your counselor knows exactly what you’re going through, because most of your counselors are combat vets.”

Those hesitant to talk about readjustment issues — emotional trauma or family problems, for example — for fear of jeopardizing training or promotion opportunities shouldn’t worry, he said. The Vet Centers don’t share records with anyone. So what is said stays between the veteran and the counselor, Raza emphasized.

Originally established in 1979 to assist Vietnam veterans, the centers are

user-friendly, said Charlie Flora, associate director of the Vet Center program’s readjustment counseling service.

“They are integrated into the community,” he said. “We have no waiting lists to see people, (and) we provide community outreach, education, case management, referral services and professional counseling.”

The centers also provide psychotherapy for war trauma and social, family and economic readjustment problems, Flora said. But outreach is key to veterans discovering any of these services.

While most veterans that Raza has talked to tend to be from reserve components, he said, the program is available to all combat veterans, including active duty, for life. A table detailing eligibility can be found on the Vet Center’s Web site, www.va.gov/rcs.

Vet Centers with outreach programs are in all 50 states, the District of Columbia, Guam, Puerto Rico and the Virgin Islands. Exact locations and contact information are on the Vet Center Web site or by calling the Veterans Affairs Department directly at toll-free (800) 827-1000.

Bio-warfare

Continued from Page 1

And, when deployable veterinary service detachments, responsible for ensuring the food and water are safe for troops downrange, are later equipped with JBAIDS, they will have a place to call and get instant feedback based on experiences learned here, Evans said.

In the meantime, JBAIDS is greatly expanding the laboratory’s capabilities, as it enables its microbiologists to test for 10 different bio-warfare agents instead of just one.

“We routinely test food samples for anthrax and the usual food-borne pathogens like salmonella,” said Maj. Scott Hanna, veterinary microbiologist and deputy director of the lab. “Now we have the capability to test for several other important threat agents.

“We plan to use this versatile technology to allow a deployed veterinary detachment to rapidly detect food-borne pathogens without needing to ship food samples out of theater,” Hanna added.

“JBAIDS also has the potential to help us in the diagnosis of diseases in military working dogs.”

While the laboratory will use JBAIDS for detection of agents in food, the device will also be used for numerous other applications as it is dispersed throughout the DoD. Force protection is its primary purpose, as it enables troops downrange to detect agents in environmental samples such as powder or soil. Early detection avoids having to



Photo by Elaine Wilson

The Joint Biological Agent Identification and Diagnostic System is able to accurately identify a biological warfare agent in about 40 minutes, a task that traditionally took more than 48 hours.

wait until medical symptoms are present in humans, preventing a reactive type of force protection, Murray said. It will also be used in human diagnosis and “will eventually be deployed to combat support hospitals, anyplace with a full-fledged laboratory,” he said.

Using lessons learned from operational testing in May and from use in the field, the modifiable device will continue to evolve.

“The existing JBAIDS is a platform for endless possibilities,” Murray said. “Now that we have the basic platform, it will be fairly simple to add on other pathogens to make JBAIDS even more versatile.”

In the near future, Murray said, JBAIDS has the potential to become invaluable for animal or human infections, or for infections that can pass from animal to human, such as the widely publicized and feared avian flu.

“The technology has the potential to save lives,” Murray said. “After extensive testing and a joint effort, we are finally at the point where we can put the technology to good use.”



Courtesy photo
Eight year old Cara Kiger, from The Rainbow Kids, sings her version of the 1960s song, “Baby Face.”

Military postal agency offers advice for holiday mailing

By Samantha L. Quigley
American Forces Press Service

WASHINGTON, D.C. — “Pack it well” and “mail it early” are two tips a military postal official offered regarding holiday mailings to service members overseas.

The Defense Department announced recommended holiday mail dates Oct. 31. The first deadline occurs Saturday for Parcel Post items headed overseas to APO and FPO ZIP codes. Deadlines for other mail classes continue with Nov. 26 for Space Available Mail; Dec. 3, Parcel Airlift Mail; Dec. 10, Priority Mail; and Dec. 19, Express Mail.

Mark J. DeDomenic, assistant deputy director of the Military Postal Service Agency, covered a variety of military mail issues in an interview.

Among his top recommendations are to use nylon tape or some type of reinforced packing tape, because other tapes tend to come off.

Any buzzing, ticking or vibrating is a red flag, DeDomenic said. So, to keep a package from getting bomb-squad attention, he advised removing batteries from electronics.

Fill out customs labels completely and use a proper military address to help move the package through the system. If there is

concern that the content list on the customs label will give away a surprise, DeDomenic said to place the form inside the package and attach a label outside of the package noting where the form is.

Also, be conscious of the box’s outside markings. Regardless of the contents, boxes with hazardous substance or alcohol markings won’t make it through the system, he said.

And, boxes used to ship gifts to service members should be strong and well-packed because of the long distances traveled and the high volume of parcels moving with them, DeDomenic said

He said that in the 2004 holiday season, his agency moved more than 28 million pounds of mail just between Dec. 1 and 25. “The mail volumes last (holiday season) were 52 percent more than the volumes the year before,” DeDomenic said. By comparison, he added, roughly 5 million pounds of mail move in a typical month.

The agency defines the holiday mailing season as Tuesday through Jan. 10.

DeDomenic also referred those who may not personally know a service member serving overseas, but want to share the holiday spirit, to the AmericaSupportsYou.mil Web site. “That provides information on how you can support the troops even if you don’t have (a service member) that is a family member or close relative,” he said.

The site lists hundreds of organizations that offer ways the general public can support the troops. Several involve sending greeting cards or packages through these organizations. However, for force-security reasons, packages addressed to “Any Servicemember” will not be shipped, DeDomenic said.

And, he pointed out Express Mail for last-minute shipments. In the past, this method relied on a thank-you note from the recipient to verify delivery, but the system has improved this year. DeDomenic said Express Mail tracking is available through the U.S. Postal Service Web site, as long as the mail isn’t going to a combat zone.



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Photo by Cheryl Harrison

Sun-powered crosswalks

Two new crosswalks, powered by the sun, were recently installed for the safety of pedestrians. One of the solar panels is located in front of the Roadrunner Community Center, Building 2797; another is next to Powless Guest House, Building 3625. As a pedestrian approaches the crosswalk flashing red lights on the road are activated. This indicates that a pedestrian is walking in the crosswalk or has just walked through the crosswalk. The lights are activated by solar-powered sensors. For drivers, if red lights are flashing, be prepared to stop at the crosswalk, then proceed through the crosswalk after pedestrians are no longer on the roadway.

Reporting adverse information ensures accountability

Unit commanders and security officers are responsible for reporting adverse information incidents by members of their command or organization, according to Army Regulation 380-67, Personnel Security Program.

Adverse information can include acts of sabotage, terrorism, unauthorized disclosure of classified information, criminal conduct or use or possession of drugs and other related derogatory issues, as identified in AR 380-67.

Employees are encouraged to report any incidents to the commander or security manager.

Immediate reporting of adverse information will ensure the individual will be accountable for appropriate administrative action through the Central Clearance Facility. Commanders and organization chiefs have the authority to suspend access, which will affect the individual's local computer access.

The description of the offense or allegation must include date of incident and any military or civilian charges. Enclosures will include all supporting documents related to the incident such as military police blotters and pending military and civilian court actions.

Commanders will submit follow-up reports at

90 day intervals indicating pending final action.

At the conclusion of the process, the commander will submit the results of any local inquiry, investigation or board action, and final recommendation to revoke or reinstate security clearance. The results will include copies of documentation to substantiate final results, such as an Article 15 or mental evaluation reports. These reports are critical in assisting CCF in their decision in granting appropriate security clearance.

The commander's or security manager's signature is required on initial, follow-ups and final reports of DA Form 5248. All reports will be mailed or hand-carried to the Command Security Office, 1750 Greeley Road, Suite 25, Fort Sam Houston. The security office will submit the form through the appropriate channels.

For more information, call Frankie J. Hail, chief command security, at 221- 1906 or the personnel security section at 221-0811, 221-2829 or 221-2628, or visit <http://www.samhouston.army.mil/ciso/>.

(Source: U.S. Army Garrison, Directorate of Plans, Training, Mobilization and Security, Command Security Office, Security Awareness Education and Training)

Marine recon battalion changes hands

By Phil Reidinger
Fort Sam Houston Public Affairs Office

The Marines of the 4th Reconnaissance Battalion, 4th Marine Division welcomed a new battalion commander Saturday during a change of command ceremony in the Quadrangle.

Five companies of Marines stood proudly in front of the clock tower during the ceremony led by the battalion NCOs as Lt. Col. Walter B. Estep assumed command of the unit from Lt. Col. Burke Whitman. Sgt. David R. Jensen served as the commander of troops, and the battalion adjutant was Sgt Shereed M. Alikhan.

Prior to assuming command, Estep served with the division’s 3rd and 4th Reconnaissance companies. While Estep served with the 3rd Reconnaissance Company, the unit augmented the 1st and 2nd Force

Reconnaissance companies and the 1st Battalion, 23rd Marines during Operation Iraqi Freedom.

The 4th Marine Division chief of staff, Col. Thomas Sward, awarded Whitman the Meritorious Service Medal for his service as commander. Whitman has been recalled four times to active duty for Operations Desert Storm and Joint Endeavor, and twice for OIF. He has three combat tours.

Sward said the battalion was recently welcomed home from their second tour supporting OIF. The ceremony included a moment of silence for those members of the command killed in action during combat operations.

The 4th Reconnaissance Battalion is a Marine Corps Reserve unit headquartered in the Navy and Marine Reserve Training Center on Fort Sam Houston near Binz-Engleman Road.



Photo by Marine Cpl. Elan Flores
(Left) Lt. Col. Walter B. Estep (left) accepts command of the 4th Reconnaissance Battalion, 4th Marine Division from Lt. Col. Burke Whitman (right) Saturday during a change of command ceremony at the Quadrangle. Sgt. Maj. Hector Cerda assisted with the ceremony.

Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: Jan. 9 to 13, March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call Vanessa C. Alford at 221-1065 or 669-5173.

Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@sam-houston.army.mil or stop by the office in Building 124 (second floor).

Hang up

Drivers are no longer allowed to use hand-held or hands-free communication devices such as cell phones and two-way radios or electronic devices such as data assistants while driving a vehicle. People can view the policy at <http://fsh-intranet.amedd.army.mil>, click on “Cell Phone Policy.” For more information, call the Fort Sam Houston Safety Office at 221-3866.

Soap, detergents can lead to water pollution

By Alberto Molina
Environmental and Natural Resources
Office

Storm water runoff is part of the natural hydrologic cycle. However, human activities, particularly urbanization, can alter natural drainage patterns and add pollutants to the rainwater and snowmelt that run off the Earth’s surface and enter rivers, lakes, streams and coastal waters.

It is everyone’s obligation to protect the environment. In the process of everyday cleaning, careless action has in many cases polluted the environment.

One example of carelessness can start with an oil spot on a concrete driveway. Someone might get a bucket of soap and water or solvent and try to brush the stain away, then rinse it off with a hose into a street drain. These solvents and soaps are not biodegradable and eventually go back to clean waters and poison aquatic life.

Identifying sources of storm water pollution and keeping this pollution away from storm drains and ditches are the best ways to keep storm water clean. The following are some of the most common causes of storm water pollution:

- Uncovered dumpsters or collection bins
- Open, deteriorated or leaking drums, barrels and tanks
- Household detergents or chemicals

- Chemicals and detergents used in oil spills
- Chemical and detergents used to wash cars
- Excess use of pesticides and fertilizers
- Leaking or poorly maintained septic systems
- Scrap materials, old equipment and metal stored outside unprotected from the elements
- Dumping used oil into the storm drain
- Flushing or dumping hazardous material into the storm drain
- Pet waste
- Littering (trash)

Storm water pollutants can have many negative impacts on plants, fish, animals and people. Pollution can produce sediment that clouds the water and jeopardizes aquatic life, and excess nutrients can cause algae to bloom and decompose, which removes oxygen from the water. Water debris can kill or disable aquatic life. Bacteria and other pathogens can wash into swimming areas and cause health hazards. Household hazardous wastes affect everyone’s health. Eventually, polluted storm water will affect drinking water supply and increase the cost to clean and treat drinking water.

Through awareness and safety measures, people can help protect one of the Earth’s most valuable natural sources of survival.



Courtesy photos

Best dressed

The “good witch” was the winner of the Halloween costume contest sponsored by Lincoln Military Housing Oct. 31. She won a \$25 Army and Air Force Exchange Service gift certificate.



The “ghost” was the runner-up in the costume contest, and received a \$15 Army and Air Force Exchange Service gift certificate. For more photos of the event, visit www.samhoustonlpc.com or call 270-7638.



October Survey of the Month
Lt. Col. Leo Bennett

October Yards of the Month
843 Chaffee, 6101-B Decker Circle,
489 Wheaton and 116 Artillery

October Decorations of the Month
845 Chaffee, 6501-B Farr Circle, 464
Graham and 118 Artillery

Native American Indian Heritage Month

Texas remains home to thousands of Native Americans

By Master Sgt. Bonalyn Harris
Installation Equal Employment Opportunity
Office

Native American history is the story of one of the most complex and violent cultural changes in North America. Scientists believe Native Americans arrived on the continent from Asia 15,000 to 30,000 years ago. Direct evidence places them in Texas about 12,000 years ago. Europeans called the natives by several names. Christopher Columbus used the name Indians to support the idea that he had found parts of Asia, perhaps the East Indies. Indians or Native Americans are both accepted terms. Early native history and traditions were passed through the generations by story telling; however, more is known about some cultures than others. Certain regions of Texas, such as the lower Pecos and the

trans-Pecos, provide clues with well-preserved artifacts such as potsherds, sandals, arrow points, scrapers, needles, ornaments, basket shreds, grinding stones and skeletons. There were about 45,000 Indians in the Texas area before written history and only a few thousand in the mid-19th century, according to the University of Texas Institute of Texan Cultures at San Antonio. In Texas at least four cultural areas of the Indians met and, to some degree, blended — Western Gulf, Southeast, Southwest and Plains. Within these huge categories was a wide span of culture and languages. Texas became a crossroads for Indians as well as Europeans. Europeans brought land ownership, more efficient forms of farming and hunting, large numbers of people, the introduction of new, often fatal diseases, and the ability to use technology and religion to their advantage in

attempts to gain land. These European settlements practically exterminated native cultures. Dispersed groups and descendants remain in Texas, a few trying to carry on the traditions of their ancestors. Black Seminoles can still be found, especially in south Texas. Some Cherokees are in rural east Texas, descendants of those who successfully hid for several generations. Caddos also live in east Texas, and Yaquis still live on both sides of the Rio Grande since an earlier deportation from north-western Mexico. In Texas today about 18,000 people are listed as Native American; many are not native to the immediate area, according to the University of Texas Institute of Texan Cultures. At the turn of the 20th century, Indians and non-Indians asked for a special day to honor Native Americans; and in 1976, a Senate resolution authorized the president

to declare the week of Oct. 10 to 16, 1976, as Native American Awareness Week. The celebration was expanded to a month in 1990, and the month of November celebrates and honors the history of Native Americans. Fort Sam Houston will observe Native American Indian Heritage Month with the sixth annual powwow, “Honoring the Veterans,” Saturday from 10 a.m. to 9 p.m. at the Hacienda Recreation Center. Vendors will sell food and authentic crafts. All are encouraged to attend to learn and experience a rich and diverse culture. For more information, call Master Sgt. Michael Boehringer, installation equal opportunity adviser, at 336-4993 or Sgt. 1st Class Donovan Jackson, 32nd Medical Brigade equal opportunity adviser, at 488-2194. (Source: University of Texas Institute of Texan Cultures at San Antonio)

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston U.S. Army Garrison units will take place Tuesday at 2 p.m. and Dec 1 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

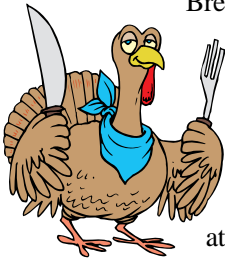
Garrison dining facilities Thanksgiving Day schedule

Rocco Dining Facility

Nov. 25
Breakfast, 6:15 to 8:15 a.m.
Lunch, 12 to 2 p.m.
Dinner, 5 to 6:30 p.m.

Slagel Dining Facility

Nov. 25
Breakfast, 6:30 to 8:30
Lunch, 12 to 2:30 p.m.
Dinner, 5 to 6:30 p.m.



Camp Bullis Dining Facility

Thanksgiving Day meal observed on Nov. 23
Breakfast, 5:30 to 7 a.m.
Lunch, 11:30-1 p.m.
Dinner, 5 to 6:30 p.m.

Holiday meal rate of \$5.80 will be in effect for cash diners during the Thanksgiving Day lunch meal period, at each dining facility.



Photos by Olivia Mendoza

Future Soldiers

(Above) Christopher A. Kwader, 32nd Medical Brigade simulation training administrator, describes the functions of a patient simulator. The Victoria Recruiting Station in Victoria, Texas, brought future Soldiers on a tour of Fort Sam Houston Oct. 29.

(Right) Pfc. Quentin Shul curiously monitors the patient simulator's breathing simulation Oct. 29. The Victoria Recruiting Station from Victoria, Texas, occasionally visits Fort Sam Houston to show future Soldiers what the Army has to offer. The Soldiers also went to the Army Medical Department Museum and the Rocco Dining Facility.



TROOP SALUTE

187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Sebastian Teobaldo Padron
MOS: 70B, health services administration
Hometown: San Antonio
Time in service: Commissioned May 6, 2005
Future goals: Be a future brigade commander
Reason for enlisting: After attending a military college, The Citadel, I felt that I wanted to continue living a military lifestyle while serving my country.



Soldier of the Week

Name: Spc. Marlon T. Nettles Sr.
MOS: 91K, medical laboratory specialist
Hometown: Oakland, Calif.
Time in service: Six years
Future goals: To become a lab officer
Reason for enlisting: For my life to have meaning
Latest accomplishment: Winning the Warrior of the Month board

Health benefits open season

The next Federal Employees Health Benefits and Federal Flexible Spending Account open seasons run through Dec. 12. Employees can make open season enrollments, changes or cancellations through the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or by calling (877) 276-9287. Comparison booklets are available at <http://www.opm.gov/insure/health>.

Board determines disability rating

By Capt. Elizabeth Cameron
Physical Evaluation Board

The first step in the Medical Evaluation Board process is when a doctor conducts a thorough examination of a Soldier, and documents any injury or disease on DA Form 3947. The doctor notes whether each condition is medically acceptable or medically unacceptable. If a condition is medically acceptable, it does not prevent Soldiers from doing their job; if it is medically unacceptable, Soldiers are unable to perform the duties of their Military Occupational Specialty. Only those conditions that are medically unacceptable may be considered later by the Physical Evaluation Board.

It is at this stage when a Soldier meets with a Physical Evaluation Board liaison officer. The PEBLO helps Soldiers understand the process, and answers any questions they may have. The PEBLO also makes sure the MEB documents are accurate and complete before they are forwarded to the PEB.

The Soldier’s file is forwarded to the PEB once the MEB has concluded. There are only three PEBs in the country, located at Walter Reed Army Medical Center; Fort Lewis, Wash; and Fort Sam Houston. Fort Sam Houston is the largest PEB in the country. The PEB has two stages: the informal board and the formal board.

Informal board

During the informal board, the PEB

makes an initial determination as to whether the Soldier is “fit” or “unfit” for duty. Fit for duty means Soldiers can perform the duties and responsibilities of their rank, grade, and MOS. If they cannot, they are “unfit” and the PEB then determines the appropriate rating for that disability.

It is important to note that not every disability entitles a Soldier to a rating. The Army will only rate those conditions that are “separately unfitting;” that is, with that ailment alone, Soldiers are unable to perform the duties and responsibilities of their rank, grade and MOS. If a condition is listed as “medically acceptable” on DA Form 3947, the PEB will not rate that condition because it is not separately unfitting.

The Army uses the Veterans Affairs Schedule for Rating Disabilities when assigning percentages. The VASRD is a comprehensive resource that lists most conditions, their criteria and applicable percentages.

After the informal board has made its decision, Soldiers make an election on DA Form 199. They can agree or disagree with the findings of the informal board. If they disagree with the informal board, they are entitled to a formal board. Soldiers have the choice to appear before the formal board or to proceed without appearance. Soldiers must also make an election to have an appointed Judge Advocate General or

civilian counsel. JAG is provided at no cost, but that is not the case with civilian counsel.

Formal board

The formal board allows Soldiers the opportunity to provide any additional medical information and appear before the board. The board comprises three people: the president of the board, the personnel management officer and the medical member. There is also a court reporter present who will discuss the findings of the board with the Soldier at the conclusion of the board. This is the only appearance Soldiers make on their own behalf, and it is at this stage when they work closely with counsel.

The same elements need to be established at the formal board as they were at the informal board. Soldiers have to demonstrate that each condition they want to be rated for is separately unfitting, and they have to demonstrate the severity of that condition. It is their responsibility to gather any additional medical records, commanders’ letters, prescription information or anything else that may be required to support a case.

Sometimes, Soldiers who have been found “unfit” want to argue that they are fit for duty. Soldiers should have addition-

al medical information to support the argument that they are fit for duty. This information could include new commanders’ letters, changes to profiles, statements from co-workers or a passing Army physical fitness test.

For the formal board, Soldiers travel at government expense to the PEB. They work closely with counsel, and together present the case to the board. Soldiers will be placed under oath, and asked to testify about the current status of their condition. Both the lawyer and the board members will ask questions. At the end, the board members deliberate and return with their findings.

After the formal board, Soldiers will make another election on DA Form 199. They can agree with the results or appeal the decision, and will have 10 days from the date of the formal board to submit an appeal and any additional evidence on his behalf. This appeal is only written, and the Soldier does not appear before any more boards. The Physical Disability Agency in Washington, D.C. makes the final determination.

For more information, visit <https://www.hrc.army.mil/site/Active/TAGD/Pda/pda-page.htm>.



Photo by Terry Davis

Fire prevention

Fire Inspector Joe Miyasaki teaches Michael Waldrop, deputy to the U.S. Army Garrison commander, proper fire extinguisher techniques during training Oct. 26. Fire extinguisher training consists of a briefing and hands-on training. The fire department encourages post employees to take the class to better ensure home fire safety. For more information or future fire extinguisher training dates, call 221-5452.

Home invader

Alarms, safety measures prevent carbon monoxide poisoning

With the weather getting cooler in San Antonio, people will be turning on their heating systems to take the chill out of their homes. While helpful, gas heaters, along with other appliances, can also cause carbon monoxide poisoning.

Each year in America, carbon monoxide poisoning claims about 480 lives and sends another 15,200 people to hospital emergency rooms for treatment, according to the Centers for Disease Control and Prevention.

Carbon monoxide, or CO, gas can come from several sources: gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces, and motor vehicles.

CO is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill before people are even aware it is in their home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. Many people with CO poisoning mistake their symptoms for the flu or are misdiagnosed by physicians, which sometimes result in tragic deaths. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Everyone is at risk for CO poisoning. Medical experts believe that unborn babies, infants, children, senior citizens and people with heart or lung problems are at even greater risk for CO poisoning.

The Fort Sam Houston Safety Office offers the following information to protect people from carbon monoxide fumes:

- Install at least one Underwriters Laboratories, or UL, listed carbon monoxide alarm with an audible warning signal near sleeping areas. Carbon monoxide alarms measure levels of CO

If a carbon monoxide alarm goes off, people should take the following measures:

- If no one is feeling ill:
- Silence the alarm.
- Turn off all appliances and sources of combustion, such as the furnace and fireplace.
- Ventilate the house with fresh air by opening doors and windows.
- Call a qualified professional to investigate the source of the possible CO buildup.

If illness is a factor:

- Evacuate all occupants immediately.
- Determine how many occupants are ill and determine their symptoms.
- Call the local emergency number and when relaying information to the dispatcher, include the number of people feeling ill.
- Do not re-enter the home without approval from a fire department representative.

over time and are designed to sound an alarm before an average, healthy adult would experience symptoms. It is very possible that someone may not experience symptoms when the alarm goes off, but that does not mean that CO is not present.

- Have a qualified professional check all fuel-burning appliances, furnaces, venting and chimney systems at least once a year.

- Never operate unvented fuel-burning appliances in any

room with closed doors or windows, or in any room where people are sleeping.

- Never service fuel-burning appliances without proper knowledge, skills and tools. Always refer to the owner's manual when performing minor adjustments or servicing fuel-burning appliances.
- Never use a gas range or oven to help heat a home, and never use a charcoal grill or hibachi in a home or garage.
- Never keep a car running in a garage. Even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.
- When purchasing an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house.
- Ensure the furnace panel is replaced properly when replacing filters.
- Do not use gasoline-powered tools and engines indoors. If use is unavoidable, ensure that adequate ventilation is available and whenever possible place engine unit outdoors to exhaust.

The Fort Sam Houston Safety Office recommends people take steps to protect their home and family from CO fumes before using their home heating system.

For more information, call Guadalupe Gomez at 221-3866 or J.C. Anders at 221-3823.

(Source: Fort Sam Houston Safety Office)

Lower fat, cholesterol intake for heart healthy lifestyle

By Sue Manship
Brooke Army Medical Center

Frequently, people envision a heart healthy eating plan as one filled with bland and boring food choices. Instead, people should consider it an opportunity to try new foods and cooking methods for the improvement of their health.

Fat is generally the first thing that comes to mind when thinking heart healthy. The goal when it comes to fat is to manage the amount and type, not eliminate it.

Animal fats, such as those found in meat and dairy products, are known as saturated fats. Along with the tropical oils (coconut and palm kernel), they are the fats that have the greatest impact on increasing blood cholesterol level.

People can lower their fat intake by choosing lean meats, such as chicken breast and turkey breast, fish, loin or round of beef and pork. People can further decrease their fat and cholesterol intake by limiting consumption of cooked meat to five to six ounces per day.

Saturated fat can also be found in dairy products such as milk, cheese, sour cream, ice cream and cream cheese. Since dairy is a valuable source of calcium in the diet, it should be included on a daily basis. Just be sure to choose either the low-fat or fat free varieties, such as fat-free (skim) milk and low-fat cheese. People can also cook with these products to make recipes lower in fat.

Hydrogenated fat, better known as trans-fat,

also elevates cholesterol. It is found in shortening and margarine. Starting in January, product manufacturers will be required to reveal the trans-fat content of a food on the nutrition label. Look for foods that are trans-fat free, such as snack foods and margarine.

Vegetable oils are the heart healthy fats. Since some of the polyunsaturated fats such as corn and soybean oil are used in commercial products, it is recommended that people use canola as their “every day” oil. Nuts are another good source of heart healthy fat. However, remember to manage portion sizes of these fats because, no matter the source, they are high in calories.

People should not forget about the cholesterol in food. Cholesterol is only found in animal foods. Generally, if people limit the saturated fat in their diet, they will automatically manage their cholesterol intake.

One heart healthy eating tip is to fill plates with an abundance of plant-based foods. Vegetables, grains (especially whole grains), fruit and beans are often rich in fiber and nutrients that fight cancer and heart disease. Unless added in the preparation, they have minimal to no fat or cholesterol and are generally low in calories.

Just remember to make changes gradually. A good way to start the process is by pre-planning evening meals. Plan a week’s worth of meals out in advance, try some new recipes and cooking methods and make grocery lists from a menu. The long-term pay off is well worth it.

Health Promotions November Class Schedule

Class	Dates	Time	Place
Arthritis Management	Tuesday	9:30 to 11 a.m.	Brooke Army Medical Center nursing administration conference room, third floor, Room 313-11
Asthma Management (adult)	Tuesday, 22 and 29 Today and 17	2 to 3:30 p.m.	BAMC Health Promotions, lower level, Room L31-9V
Blood Pressure Management	Wednesday	9 a.m. to 12 p.m.	BAMC Health Promotions, lower level, Room L31-9V
Body Fat Testing	18	8 to 11 a.m.	BAMC Health Promotions, lower level, Room L31-9V
Breast-feeding Class	Wednesday	1 to 2:30 p.m.	BAMC OB/GYN, fifth floor, conference room
Cholesterol Management	21	9 to 11:30 a.m.	BAMC Cardiology Conference Room, third floor
Diabetes Management	Monday, 21 Tuesday, 15, and 28 22 and 29	12:45 to 4:30 p.m.	BAMC nursing administration conference room, third floor, Room 313-11
Living with Fibromyalgia	Wednesday, 23 and 30	1 to 4 p.m.	BAMC radiology, conference room, Room 129-13A
Foot Care for Diabetics	Monday and 28	1 to 2:30 p.m.	BAMC Conference Room, fourth floor, Room 413-11
Weight for Health (weight management)	18	12 to 1:30 p.m.	BAMC Health Promotions, lower level, Room L31-9V
Yoga	Wednesday, 23 and 30	12 to 1 p.m.	BAMC occupational therapy clinic
To register for classes, call Brooke Army Medical Center Health Promotions at 916-3352. For Diabetes Management, call 916-0794.			

Army Community Service Family Advocacy Program November Class Schedule

Class	Date	Time
Anger Management I and II	Monday	11 a.m. to 12:30 p.m.
Basics of Breastfeeding	Wednesday	10 to 11:30 a.m.
Management Skills Series (6)		
New Series (1 and 2)	Today and 17	11 a.m. to 1 p.m.
Evening Class (2 to 4)	Today and 17	5:30 to 7 p.m.
Commander’s Training	17	8 to 9:30 a.m.
Getting Ready for Childbirth 1 and 2	Today and 17	9 a.m. to 12 p.m.
Girl Talk! Ages 6 to 8	30	10 to 11 a.m.
Healthy Pregnancy	21	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	21	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Today and 17	1 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday, 22 and 29	11 a.m. to 12:30 p.m.
Stress Management I and II	Tuesday and 22	1 to 2:30 p.m.
Truth or Consequences?	Tuesday and 22	4:30 to 5:30 p.m.
You and Your Baby	30	8 a.m. to 12 p.m.
Saturday Marathon	19	9 a.m. to 5 p.m.
Class space is limited. To register for classes or for more information, call the Army Community Service Family Advocacy Program at 221-0349 or 221-2418.		

SPORTS



Photos by Heather Soto

Strong finish

(Left) Sgt. Chang Wong makes it to the finish line even with a flat tire and broken bike chain Oct. 30 at the 12th Annual San Diego Triathlon Challenge sponsored by the Challenged Athletes Foundation. Wong and Sgt. Kortney Clemons represented Brooke Army Medical Center's Amputee Care Clinic. Wong hand-cycled 13.1 miles and Clemons 31 miles in the event.

(Right) Robin Williams presents Sgt. Chang Wong, from the Brooke Army Medical Center's Amputee Care Clinic, with a jersey at the 12th Annual San Diego Triathlon Challenge in La Jolla, Calif.



Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB Negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life. Contact the donor center to lend a helping hand.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



SPORTS BRIEFS . . .

Boxing at the Brought

Fort Sam Houston Morale, Welfare and Recreation and USA Amateur Boxing present "Boxing at the Brought." The event is Dec. 10 in the main gymnasium on Wilson Road. The competition is open to military and civilian boxers, sub-novice, and men and women registered with USA Boxing. For pre-match registration, call the USA Boxing coordinator at 923-0025 by today. For more information, call 221-1342.

Neanderthal Trail Run

The Neanderthal Trail Run will be Nov. 18 at Camp Bullis beginning at 6:30 a.m. Staging area will be at the E Company, 264th Medical Battalion. The course is 5.2 miles. Cost is \$10. T-shirts will be available for sale prior to the run. For more information or to register, call Staff Sgt. Jason Brooks at 295-7620 or e-mail Jason.brooks@amedd.army.mil.

Fort Sam Houston Golf Club Championship

The Fort Sam Houston Golf Club will sponsor its annual Club Championship Nov. 19 and 20. This 36-hole stroke play event is open to all golf club members, active duty military, their families, and Department of Defense employees and contractors assigned to Fort Sam Houston. The event will be played on La Loma and the Salado Del Rio golf courses, with the start time scheduled for 8 a.m. and shot-gun start on both days. Interested golfers can register in the Pro Shop from 7 a.m. to 7 p.m. daily. The registration fee is \$60 for members and \$80 for nonmembers. For more information, call 221-4388.

Intramural basketball

Letters of intent for intramural basketball are due Monday and a coaches meeting is Wednesday at 1 p.m. at the Jimmy Brought Fitness Center. League play starts Nov. 28. Send letters of intent to Earl Young, 1212 Stanley Rd. Ste. 20, Fort Sam Houston, Texas, 78234-5020, or e-mail earl.young@samhouston.army.mil. For more information or to register, call 221-2280.

Golf association seeks new members

The Fort Sam Houston Women's Golf Association is looking for new members. All eligible women golfers are invited to join. The association, which plays Tuesday mornings, offers both a 9-hole group and an 18-hole group. For more information on the first group, call Barbara Rhea at 490-2727, and for the second group, call Nita Whiting at 653-0418.

All-Army Bowling Trial Camp

Army Sports and Fitness is now accepting applications for the 2006 All-Army Bowling Trial Camp. Applications should be submitted on DA Form 4762-R. Candidates will be ranked based on experience and accomplishments in the sport. All experience should be detailed. To review application information, sports standards and selection criteria, visit <http://www.armymwr.com/portal/recreation/sportsandfitness/application/>. All application documents must be faxed (or scanned and e-mailed) with header sheet from local sports director to: Betty Raveill at (703) 681-7245, or DSN 761-7245. National Guard and Reserve personnel are authorized and encouraged to apply; however, there are additional documents to submit along with the application packet.

Post Pulse: How will you celebrate Veterans Day?



“I will check to see if there is a memorial at a cemetery. I will wear a flag pin and I will visit my father’s grave at the Fort Sam Cemetery. He was retired Air Force.”
Susan Artiglia



“When we lived in California we went to a parade, then to visit my father’s grave (he was retired Army) to pay our respects. Now that we live here, we will pay our respects here.”
Joe Gonzales



“My husband will be in the Universal City parade, and I will participate.”
Kristi Arbic



“I am attending the function on Fort Sam in conjunction with Celebrate America’s Military Week.”
Dave Bonney

Post Worship Schedule	
Main Post Chapel, Building 2200, 221-2754	Noon - Worship - Wednesdays
Catholic services: 4:45 to 5:15 p.m. - Confessions - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays Protestant services - Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant Jewish services: 379-8666 or 493-6660 Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat	AMEDD Regimental Chapel, Building 1398, 221-4362 Troop Catholic Mass: Sundays: 10 a.m. - 32nd Med. Bde. Soldiers Troop Protestant gospel service: Sundays: 11 a.m. - 32nd Med. Bde. Soldiers Troop Protestant service: Sundays: 9 a.m. - 32nd Med. Bde. Soldiers Samoan Protestant service: Sundays: 12:30 p.m.
Dodd Field Chapel, Building 1721, 221-5010 or 221-5432 Catholic service - Sundays: 12:30 p.m. - Mass Protestant services: 10:30 a.m. - Collective gospel Protestant - Sundays 9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided.	FSH Mosque, Building 607A, 221-5005 or 221-5007 10:30 a.m. - Children’s religious education - Sundays 1:30 p.m. - Jumma - Fridays 7:30 p.m. - Adult religious education - Thursdays Evans Auditorium, 221-5005 or 221-5007 Mormon service: 9:30 to 11:30 a.m. - Sundays
Brooke Army Medical Center Chapel, Building 3600, 916-1105 Catholic services: 8:30 a.m. - Mass - Sundays 11 a.m. - Mass - Sundays 11 a.m. - Mass - weekdays Protestant services: 10 a.m. - Worship service - Sundays	Installation Chaplain’s Office, Building 2530, 295-2096 Contemporary service: 11:01 a.m. - Sundays Web site: www.samhouston.army.mil/chaplain

RELIGIOUS HAPPENINGS . . .

Thanksgiving Day Observance

The Fort Sam Houston community is invited to the non-denominational Thanksgiving Day Observance Nov 23 from 10 to 10:30 a.m. at the Main Post (Gift) Chapel.

Chapel Youth Group

The Fort Sam Houston Chapel Youth Group meets every Sunday from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme “Where Faith and Life Meet” is incorporated in fun activities, Bible applications and off-post events. The group will attend the pure excitement seminar and concert Nov. 20. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

Singles event

A city-wide singles event will be Saturday at 7 p.m. at the Northern Hills Golf Club, 13202 Scarsdale, in San Antonio. The speaker is Josh Davis, Olympic gold medalist. The cost is \$35 per person and includes dinner. People can register online at communitybible.com. For more information, visit singleslifegroups@communitybible.com

PWOC daytime Bible study

The Protestant Women of the Chapel group meets every Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel. Free childcare is provided, and all women from the Fort Sam Houston community are invited. For more information, call Lois Griffith at 226-1295 or visitwww.samhouston.army.mil/chaplain/womensministry.

Officers’ Christian Fellowship

The Officers’ Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying “The Minor Prophets.” For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.

INTERFAITH CALENDAR . . .

November

Saturday - Birth of Baha’u’llah * - Baha’i celebration of the birth of their founder and teacher. Refrain from work.

24 - Thanksgiving - Interfaith USA American holiday proclaimed by president.

27 to Dec. 24 - Advent - Christian time of preparation for observing the birth of Jesus Christ

* Usually begins at sundown the day before this date.

Kick the habit



Retiree quits smoking after nearly 50 years

By Elaine Wilson
Fort Sam Houston Public Information Office

Tom Sammons picked up his first cigarette when he was 14 years old. Young and swayed by peer pressure, he had no idea at the time that it would take him 48 years to put his last one down.

At age 62, Sammons finally kicked a half-century habit for good. “It was time,” he said. “I had my last cigarette a month ago.”

Fearful of future health concerns, Sammons had thought about quitting for years. He was tired of dealing with frequent illnesses, shortness of breath and a mouth that tasted like “an old ashtray.” His mother, a lifelong smoker, had ended up on oxygen later in life, “but she quit at 60 and lived another 20 years,” he said.

But, despite health fears, it took some not-so-subtle prompting from his family to turn his thoughts into action.

“I was at a football game with my grandson,” he said. “He turned to me and asked, ‘Why do you smoke?’ At 9, he knows it isn’t good. That made me determined to quit.

“Plus, I’m pretty sure my wife will leave me if I take up smoking again,” Sammons said half-jokingly.

Sammons graduated Oct. 3 from the one class where everyone desires to be a quitter – smoking cessation.

“I feel so much better already,” he said. “I can breathe better in the morning; I taste food better. My general health has already improved. And it has only been a month.”

The health improvement makes sense since Sammons is no longer breathing in more than 4,000 chemicals, including over 60 known to cause cancer, according to the American Cancer Society.

“A lot of people come to me when health issues are forcing them to quit,” said Julie Bissell, smoking cessation program manager at Brooke Army Medical Center. “Ideally, we would like to see them much younger, before the health problems hit.”

Smoking-related health problems include cancer; lung disease, such as emphysema and chronic bronchitis; heart attacks; peripheral vascular disease, a narrowing of the blood vessels that carry blood to leg and arm muscles; stroke; and blood clots. And then there is the premature wrinkling, bad breath, bad smelling clothes and hair, and yellow fingernails.

The health problems aren’t limited to the smoker. A bad habit can

be bad news for everyone dwelling in a smoker’s home.

“Secondhand smoke has been proven to affect children,” Bissell said. “If parents are smoking around an infant, the child will later have more respiratory problems like asthma.” These children are also prone to more ear infections, colds and bronchitis, according to the ACS.

When exposed to secondhand smoke, many older adults will end up with emphysema, “something they never would have gotten if they had not been exposed,” Bissell said.

Along with health concerns, Bissell said there are also financial considerations.

“During the smoking cessation class, I do an exercise where people figure out how many cigarettes they smoke in a week, then calculate a year’s total in cost,” she said. “Most are surprised when they see it’s over a \$1,000 a year. We try to figure out a better way to spend that money.”

Despite health threats and financial drain, 45 million Americans continue to smoke, according to ACS statistics from 2003. And, while an estimated 25 percent of Americans smoke, the military’s numbers hover at 34 percent, according to Col. Gerald Wayne Talcott with the Air Force Medical Support Agency, in Falls Church, Va., an increase of 4 percent for the military since 2002.

A substantial number considering nearly half of all smokers who continue to smoke will die from a smoking-related illness.

But, a smoker’s fate is far from inevitable. No matter the age or number of smoking years, quitting can help people live longer, according to the ACS. People who stop smoking before age 35 avoid 90 percent of the health risks attributable to tobacco. Even those who quit later in life can significantly reduce their risk of dying at a younger age.

There is no time like the present to quit, Bissell said, which is why the ACS created the Great American Smokeout 29 years ago. Every year, smokers are encouraged to quit for one day in the hopes it will lead to another. This year’s Smokeout is Nov. 17.

Sammons said one day is all it takes.

“If you can get through one day, you can get through the rest of your life.”

For more information about the Great American Smokeout, visit www.cancer.org. To sign up for smoking cessation class, call Bissell at 916-3352.

It’s time to quit

The 29th annual Great American Smokeout is Nov. 17. The American Cancer Society sponsors the event each year to encourage smokers to quit. People who plan a quit attempt in advance double their chances of success, according to the ACS.

Every smoke-free day can be beneficial to a smoker. The following are benefits of quitting over time:

Twenty minutes after quitting: Your heart rate drops.

Twelve hours after quitting: The carbon monoxide level in your blood drops to normal.

Two weeks to three months after quitting: Your circulation improves and your lung function increases.

One to nine months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out

of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

One year after quitting: The excess risk of coronary heart disease is half that of a smoker’s.

Five years after quitting: The stroke risk is reduced to that of a nonsmoker five to 15 years after quitting.

Ten years after quitting: The lung cancer death rate is about half that of a continuing smoker’s; and the risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decrease.

Fifteen years after quitting: The risk of coronary heart disease is that of a nonsmoker’s.

(Source: U.S. Surgeon General’s Report, 1988 and 1990)

Fort Sam Houston
Independent School District
Weekly Campus Activities
Monday to Nov. 19

American Education Week

Fort Sam Houston Elementary School
Wednesday
Early dismissal – kindergarten through fourth grade, 2 p.m.
Early dismissal – fifth and sixth grade, 2:30 p.m.
Nov. 18
Spirit Day

Robert G. Cole Jr./Sr. High School
Monday
Senior class and band panoramic photos, advisory
Fall “C” awards in Moseley Gym, 6 p.m.
Tuesday
Boys’ basketball vs. St. Gerard at Cole, 5 and 6:30 p.m.
Girls’ basketball vs. Somerset at Cole, 6 and 8 p.m.
Nov. 18
Girls’ varsity basketball – Pleasanton Tournament, 3 p.m.
Dual swim meet at SAISD Natatorium, 5 p.m.
Boys’ and girls’ soccer vs. St. Anthony, 5 p.m.
Nov. 19
Girls’ varsity basketball – Pleasanton tournament, 3 p.m.
Girls’ varsity basketball – Devine tournament, TBA

High School News

Real justice handed out at high school

By retired Lt. Col. Robert Hoffmann
Cole Jr./Sr. High School

Students at Cole Jr./Sr. High School were treated to one of the most informative, eye-opening presentations to hit the campus Nov. 3.

Through the coordination of Jim Hudson, government and economics teacher, and Angela Jolivette, English teacher, the real life judicial system went into action on the floor of Moseley Gym.

Bexar County Judge Monica Guerrero, 7th Court, brought the “Court in Schools” program to Cole with five actual court cases. The process included charges made by the prosecutor, testimony from juvenile defendants and their attorneys, and sentencing. The juveniles appearing in court were charged with assault, drug use and possession, and driving without a license.

“It was very enlightening to see how the court system actually works, and to see real people face the consequences of their actions,” said Cole senior Elizabeth Bagg.

Also presented to the student body were four young men currently serving sentences in the Bexar County Boot Camp. The juveniles were sentenced to the boot camp by

The boot camp is one of the most successful in the country due to a high percentage of resident “graduation” and a low recidivism rate. Camp officials attribute this to having constructive programs



Courtesy photo

Bexar County Judge Monica Guerrero, 7th Court, listens to a question from a Cole Jr./Sr. High School student after the court session. Students were given the opportunity to question the court reporter, prosecutor, defense attorneys and the defendants.

for its residents, including learning varied high-skilled jobs, attaining job-seeking skills and providing post-boot camp opportunities with local community colleges.

Guerrero commended Cole Jr./Sr. High School for having one of the best behaved and informed student bodies to serve as hosts to the “Court in Schools” program.

“This is a day students won’t soon forget,” said Cole Principal Dr. Roland Rios.



Courtesy photo

Outstanding students

Each month, Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers, and then one student is selected by the faculty of each grade level. The recipients for October are (back row, from left) Elishia Harris, ninth grade; Roy Aviles, 11th grade; and Leah Morris, 12th grade. Seated in the front row are (from left) Lindsey Hatton, 10th grade; Yeralis Cabrero, eighth grade; and Hayley Benjamin, seventh grade.

Cole sports update

Varsity football finishes with .500 mark

With defense not being part of the equation for either team, the Cole varsity football team finished their season 5-5 with a wild 42-20 loss to the Comfort Bobcats Friday at Comfort, Texas. Both teams combined for 36 first downs and almost 700 yards total offense. Erin Simmons finished a great season with two touchdowns and 124 yards combined rushing and passing. The team looks forward to a promising season next year, with the majority of the 10-0 junior varsity team slated to make the jump to varsity. The 2005-2006 football athletics program was directed by Larry Ransom, head coach and athletic director, and coaches Howard Baer, Darrell Kurek, Eric Boehme and Brian Sotak.

The 2005-2006 varsity football team included Lukas Sheridan, Fabian Rodriguez, Erin Simmons, Matt Newcomer, Robert Davis, Sha Cameron, Robert Dillard, Greg Washington, Anson Brantley, Chris Casey, Chris Talamantez, James Bryant, Brendan Ford, David Thompson, Jamell Huarcha, Tim Pedro, Josh Heaney, Jason West, Doug Raymond and Dion Lankford.

Cole JV football ends season undefeated

The junior varsity football team wrapped up its perfect season by defeating the Comfort Bobcats 34-0 Nov. 3. Scoring touchdowns for the Cougars were Reggie Garnett and Emerson Weber. Once again, the defense did an outstanding job while recording their fifth shutout of the year. This is the first time the Cole junior varsity team has finished the season 10-0.

The 2005-2006 junior varsity football team included Bryan Bauman, Justin Jolly, Ezekiel Nickels, Wesley Lavender, Marcel Nanton, Steven Sult, Sam Prenzel, Reggie Garnett, D’Shaun Stallings, Chauncy Holmes, Emerson Weber, Steven Wade, Brandon Carter, Weston Collins, Emanuel Yates, Frank Thompson, Patrick Lewis, Christopher Huffman, Damian Siggia, Devon Daley, Jeremy Fuentes, Raymond Mapu, Michael Walker, Will Vega, Freddie Polite and Patrick Newcomer. Junior varsity coaches for 2005-2006 were Eric Boehme and Brian Sotak.

(Source: Retired Lt. Col. Robert Hoffmann)

Regular Board Meeting

The Fort Sam Houston Independent School District board of trustees will meet for a regular board meeting Nov. 30 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting “knocked out” and greatly improve your chances of escape.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)





Emergency numbers

Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your “wings.”

Health Promotion Center
Room L31-9v, Brooke Army Medical Center
916-3352 or 916-5538



MWR

Recreation and Fitness

Comedy show, free tickets

Free tickets are available for military ID card-holders age 21 and older for a comedy show Nov. 18 featuring Rita Survivor, Gary Bell, Andre Meadows and Ray Barnett. The show is at Sunset Station and begins at 9 p.m.; doors open at 7 p.m. Tickets are available at various MWR facilities such as the bowling center, Jimmy Brought Fitness Center, Sam Houston Club and Army Community Service. For more information, call 221-2606 or 221-9904.



Spurs military appreciation night

The second annual Spurs military appreciation game is Tuesday at the SBC Center. To get tickets for this event honoring fallen and injured Soldiers and veterans of war, stop by any MWR facility such as the Jimmy Brought Fitness Center, library or bowling center for a ticket order form. Tickets are from \$23.35 to \$35.35 and all ticket orders receive an exclusive Spurs military coin. For more information, call 444-5707.

Turkeython

Get ready to work off those turkey and stuffing pounds before the big meal with two hours of aerobics at the Turkeython Nov. 21 from 5 to 7 p.m. at the Jimmy Brought Fitness Center. Cost is \$10. To register, call 221-2020.

Turkey Trot

The “Turkey Trot” 5K run/walk at the

Jimmy Brought Fitness Center will be Nov. 19 at 9 a.m. Cost is \$10 and participants receive a T-shirt. This event is open to the public.

Garage sale

Clean out your closets for the next garage sale Dec. 3 from 11 a.m. to 5 p.m. at the MacArthur Pavilion parking lot. This event is in conjunction with the Christmas Along the Corridor from 1 to 5 p.m. There is no cost; however, a seller must have a valid Department of Defense ID card. To pre-register, call 221-2307 or 221-2601.



Health and wellness fair

This free event is Wednesday from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Highlights include cholesterol screening, diabetes screening, proper weight training, nutritional information, raffle prizes and more. Participants who wish to have a cholesterol screening must fast 12 hours before the screening. For more information, call 221-2020.

Auto Craft Shop

Get your car winter ready with a free winterization check at the Auto Craft Shop. Check includes anti-freeze levels, inspection of all belts and examination of the engine. For more information, call 221-3962.

Cycling class

The Jimmy Brought Fitness Center offers free cycling classes Tuesdays and Thursdays at noon and Wednesdays at 4:45 p.m.

Dining and Entertainment

Sam Houston Club, 224-2721

Sunday brunch

The Sam Houston Club will have Sunday brunch Nov. 20 from 10 a.m. to 1:30 p.m. Cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for youth ages 7 to 11 and free for age 6 and under.

Thanksgiving luncheon

The Thanksgiving luncheon is Nov. 24 from 11 a.m. to 3 p.m. Cost is \$14.95 for members, \$16.95 for nonmembers, \$6.95 for children ages 6 to 11 and free for children 5 and under. For reservations, call 224-2721.

Bowling Center, 221-3683

Bowl-A-Jam

Bowl-A-Jam is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun. **Ritger Bowling Clinic** Learn basic to advanced bowling skills at the two-day clinic Nov. 26 and 27. Clinic will be taught by John Fryman, Ritger level three coach and Ritger Camp staff member. The clinic is open for all averages and cost is \$100. Deadline to register is Nov. 23. To register, call 221-3638.



Golf Club, 221-4388

Beginners ladies golf clinic

A golf clinic will be Tuesdays and Thursdays



from Tuesday through Nov. 29 (except Nov. 24), clubs will be provided, if needed. Learn the basics of playing golf. Cost is \$120. To register, call 355-5429.

Golf lessons

Private customized and personalized instructions are offered at the golf course.

Around the Corner Frame Shop

The Around the Corner Frame Shop is located at 407 Dickman Road, on the lower level of the former Officers’ Club building. In addition to framing service, the shop offers specialty items like engravings, medals, trophies, combat medic statues, military coin racks and flag cases. For more information, call 224-7125.

Vera’s Barbershop

Vera’s Barbershop is located at 407 Dickman Road (former Officers’ Club), and specializes in military cuts.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre will feature “Sorry! Wrong Chimney,” A Yuletide farce by Jack Sharkey and Leo W. Sears, Wednesday through Saturday evenings from Wednesday through Dec. 22. Discounts for military and students are available. For reservations, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for various events. Free San Antonio Symphony tickets are available for the Friday show. Season passes are available for SeaWorld and Fiesta Texas. For more information, call 226-1663 or visit www.portsamhoustonmwr.com.

Sam Houston Club Customer Satisfaction Survey

In an attempt to better serve its customers, Morale, Welfare and Recreation encourages its customers to take the following survey:

- Which best describes your current status?
☐ Active duty enlisted ☐ Active duty officer ☐ AEI/IET student
☐ DoD civilian ☐ Retired military ☐ Family member
- What is your age group?
☐ 18 and under ☐ 19-29 years ☐ 30-39 years
☐ 40-49 years ☐ 50-59 years ☐ 60 years and over
- Are you a member of the Sam Houston Club? ☐ Yes ☐ No
- How often do you visit the Sam Houston Club?
☐ Often ☐ Sometimes ☐ Rarely ☐ Never
- When do you prefer to use the Sam Houston Club?
☐ Morning ☐ Afternoon ☐ Evening
- How often do you attend Sunday brunch at the Sam Houston Club?
☐ Often ☐ Sometimes ☐ Rarely ☐ Never
- How often do you eat out?
☐ Every day ☐ Once a week ☐ Once a month ☐ Rarely ☐ Never
- On average, how much do you spend for lunch daily? (Monday to Friday)
☐ \$3-\$5 ☐ \$5-\$7 ☐ \$7-\$10 ☐ I make/bring lunch
- Please rate the customer service at the Sam Houston Club.
☐ Poor ☐ Fair ☐ Average ☐ Excellent
- Please rate the programs and specials at the Sam Houston Club.
☐ Poor ☐ Fair ☐ Average ☐ Excellent
- How do you hear about Sam Houston Club events?
☐ News Leader ☐ Flyers ☐ Word of mouth
☐ Web site ☐ E-mail ☐ Other
- Additional comments:

People can mail their completed survey to **MWR Marketing, 1212 Stanley Road Suite 20, Fort Sam Houston, Texas 78234** by Dec. 3. For more information, call 221-2307.

MWR CHILD AND YOUTH SERVICES

Youth Happenings

CDC closure

The Fort Sam Houston Child Development Center will be closed Nov. 25.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Cooking classes

The Youth Center offers cooking classes Fridays from 5 to 6 p.m. For more information, call 221-3502.

Saturday open recreation

The Youth Center sponsors open recreation Saturdays for first through 12th graders: first to fifth graders meet from 3 to 8 p.m., sixth to eighth graders meet from 3 to 10 p.m. and ninth to 12th graders meet 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Youth must be registered with Child and Youth Services to attend. For more information, call 221-3502.

IMPACT recreation

The IMPACT Recreation Group sponsors a bas-

ketball recreation program Saturdays from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

Parent News

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents’ opportunity to learn about upcoming events, meet staff and address concerns.

Youth Services registration

Youth Services registration will start Dec. 5 and be held Monday through Friday from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician’s signature affixed, child’s Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

ArmyFCC Online

Fort Sam Houston Family Child Care Program is now on ArmyFCC Online, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation’s program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.



COMMUNITY LINK



Happenings

Decorating on a budget

The Officers and Civilian Spouses’ Club will host a luncheon Tuesday at 11 a.m. in the Sam Houston Club. Special guest is Sarah Chadwick of “Rearrangements Custom Interior and Home Design Center” with holiday decorating ideas. Bring a food dish or craft for the silent auction. For reservations, call Sigrid Reistetter at 226-8806 or e-mail sigrid.reistetter@amedd.army.mil. Deadline for reservations is Friday.

Christmas Along the Corridor

The Alamo Area Council of Governments and the Alamo-La Bahia Corridor Committee will host the 117th annual Christmas Along the Corridor Grand Finale and Fair Dec. 3 from 1 p.m. to 5 p.m. at MacArthur Parade Field. All activities are free to the public. For more information, call 362-5220 or visit www.aacog.com/tourism.

Marine Corps Ball

The 230th Marine Corps Birthday Ball will be today starting at 6 p.m. at the Gateway Club on Lackland Air Force Base, Texas. A history of the Marine Corps re-enactment will be provided by the National Museum of the Pacific War. Dress is formal military or civilian attire. Tickets are \$30 each, and are on sale at the Marine Corps Detachment at Lackland AFB. For more information, call 671-3219.

Cash and carry sale

Morale, Welfare and Recreation will hold a non-appropriated fund property sale Wednesday from 9 a.m. to 3 p.m. in Building 407. Cash or personal checks with picture ID will be accepted. All sales are final and must be removed at the time of purchase. Used items available include microwaves, refrigerators, televisions, headboards, mattresses and box springs, wall mirrors, dining tables, carpet tile, desks and chairs, easy chairs, sofas, sleeper sofas, tables, wall art, monitors and armoires. New items include cocktail tables, end tables, commercial dishwasher, refrigerators, six-pan steamer, sound system and more. No prior viewing. For more information or directions, call the MWR warehouse at 221-4449 or 221-4950.

St. Philip’s veterans celebration

Former prisoner of war and survivor of the Bataan Death March, U.S. Army Pvt. Joseph Lajzer, will deliver the keynote address at a St. Philip’s College Salute to Veterans Friday at 10 a.m. in the Heritage Room on the main campus. The program, presented by the St. Philip’s College Office of Veterans Affairs in observance of Veterans Day, will honor the men and women who have served in the armed forces, including reservists and active military personnel, past and present. The event is free and open to the public and all veterans are encouraged to wear their uniforms.

Bandera Honors Veterans

The Bandera, Texas, community will honor America’s veterans and active duty military personnel under the banner of “Bandera Honors Veterans” Saturday at 9:30 a.m. in front of city hall. Special guests from Fort Sam Houston and survivors of the Bataan Death March will be honored. A patriotic parade down Main Street will start at 10:30 a.m. The public is invited.

Overseas orientation program

Overseas orientation offers information about entitlements, reimbursements, household goods shipments, employment, education, non-command sponsor tours and reunion tours. The orientation briefing will be Wednesday from 10 a.m. to 5 p.m. in the Roadrunner Community Center, Building

2797. For reservations, call 221-2418.

MOAA travel shows

The Military Officers Association of America Alamo Chapter will host two travel shows Wednesday, at 4 p.m. and 6:30 p.m. at the Sam Houston Club. For more information, call 228-9955.

Annual “Stars and Bars” Dining In

The annual “Stars and Bars” Dining In will be Nov. 18 at the Randolph Officers’ Club. This year’s speaker is Maj. Gen. Gilmory Hostage, the Air Education and Training Command director of operations. Dinner is from 6 to 8 p.m. Entertainment will be “The Air Force Band of the West” from Lackland Air Force Base. Reservation deadline is Monday. For more information, call Capt. Mark LaDrew at 652-4509. For ticket information, call Capt. Kristen Templet at 652-7840 or 1st Lt. Marlon Muthuveeran at 652-3598.

Civil War weekend

The Civil War weekend, will be Nov. 19 and 20 at the historic Liendo plantation in Hempstead, Texas. Tickets are \$10 per person or \$5 for seniors and children ages 7 to 12 years old. The events are Nov. 19, 9 a.m. to 5 p.m. and Nov. 20, 9 a.m. to 4 p.m. Battles are held each day at 2 p.m. For more information, call (979) 826-6252 or (800) 826-4371 or e-mail www.liendoplantation.com.

VFW tribute to veterans

The Veterans of Foreign Wars Post 7110 will present a special tribute to Vietnam veterans and their families with the award-winning documentary film, “In the Shadow of the Blade,” Nov. 19 at 1 and 6 p.m. at the Brauntex Theater, 90 W. San Antonio St., New Braunfels, Texas. The film takes the viewer on a 10,000-mile flight across America on a restored battle-scarred UH-1 “Huey” helicopter to hear the untold stories of the Soldiers who once relied on it for survival and the families who waited for them to come home. Tickets are \$15 and are available at the Brauntex Theater Box Office outlets at (830) 627-0808, Logos To Go at (830) 606-2553 and VFW Post 7110 at (830) 625-9961. A reception will follow each showing at the VFW Post 7110 at 600 Peace Avenue, New Braunfels.

Pony Express Courier ceremony

The Alamo Area Council of Governments, the Alamo-La Bahia Corridor Committee and the U. S. Postal Service will sponsor the 17th Annual Pony Express Christmas Courier Swearing-In Ceremony Nov. 19 at 10 a.m. at the U.S. Post Office, downtown across from the Alamo. Admission is free and open to the public. For more information, call Burma Hyde at 362-5220, or visit the Web site at www.aacog.com/tourism.

‘The Crucible’

The Sheldon Vexler Theater presents “The Crucible” through Nov. 19 at the theater on Northwest Military Highway at Wurzbach Parkway. Performances are Thursdays at 7:30 p.m., Saturdays at 8 p.m. and two matinees, Sunday and Nov. 13 at 2:30 p.m. Opening preview night is \$5, general admission is \$15, military are \$13 and students are \$8. Reservations are required; for tickets, call 302-6835.

‘Charlie and the Chocolate Factory’

Vexler Children’s Theater presents “Charlie and the Chocolate Factory” through Nov. 20. The theater is located on Northwest Military Highway at Wurzbach Parkway. Performances are Tuesdays, Wednesdays and Thursdays at 10:30 a.m. An evening performance is Tuesday at 7 p.m. and two Sunday matinees are Sunday and Nov. 20 at 2:30 p.m. All tickets are \$5; groups of 10 or more are \$4. Reservations are required; for

tickets, call 302-6835.

Hyde Park, labyrinth walk

The Colorado Riverwalkers Volksmarch Club will host a 10K walk and a 5K walk with labyrinth Saturday at Hyde Park in Austin, Texas. For more information, call Elayne Barber at (512) 834-0492 or e-mail elayne_barber@yahoo.com.

Universal City walk

San Antonio area volksmarch clubs will sponsor a 10K walk Nov. 19. Start at the Taco Cabana at 1533 Pat Booker Road in Universal City between 7:30 a.m. and 1 p.m., finish by 4 p.m. For more information, call Ellen Ott at 525-8574 or e-mail ellenotter@cs.com.

Professional Development

Army Reserve opportunities

The U.S. Army Reserve is actively recruiting. For more information, call (800) USA-ARMY or visit www.goarmyreserve.com.

Army health care recruiting

A health care professional’s greatest calling is to serve the Soldiers that defend our nation’s freedom. The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit www.healthcare.goarmy.com.

Free computer training

Family members of active duty military personnel may receive computer training for the job market through the Family Employment Readiness Program. Automated, self-paced training is available on all Microsoft Office programs. Typing instructions are also available in Spanish. For more information, call Gabriele Dias 221-0516 or Jennifer Swiger 221-0427.

St. Mary’s offers master’s degree

St. Mary’s University would like to offer a master of arts in international relations for personnel at Fort Sam Houston. This 36-hour program is currently offered on campus online and can be completed in two years. Several concentrations are available: inter-american studies, international conflict resolution, international criminal justice and crime control, and international development studies and security policy. A military tuition grant is offered to active duty military, retired military, Department of Defense civilians and the spouses of these groups. For more information, call Judy Olivier at 226-3360, or stop by Building 2248, Room 206.

Meetings

Federally Employed Women

The Fort Sam Houston Federally Employed Women Chapter seeks members for its organization. The chapter meets the second Wednesday of the month. FEW enhances career opportunities for women, maintains a unified and diverse membership and provides opportunities for professional growth through leadership development, education, mentoring and networking. For more information, call Arcelia Longoria at 658-4046 or 823-6344.

Caribbean American Association

The San Antonio Caribbean American Association seeks new members. There is a gathering on the last Saturday of each month. For more information, call Master Sgt. Pauline Perry at 849-1957 or 221-6913.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

Volunteer

Girl Scouts seek volunteers

Girl Scouts of the San Antonio area are looking for adults to lead Girl Scout troops in the community. Help young girls grow up to be strong, confident and compassionate. Volunteers do not have to have a daughter in a troop to help. For more information, call Carla Mendez at 349-2404, ext. 217, or e-mail cmendez@sagirlscouts.org.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

Celebrate America’s Military Week

Veterans Day ceremony

A Veterans Day ceremony will be Friday at 9:30 a.m. at the Fort Sam Houston National Cemetery. The keynote speaker will be Maj. Gen. George W. Weightman, commanding general, Army Medical Department Center and School. The event is open to the public.

Buffalo Soldiers ceremony

The Buffalo Soldiers, Ninth and 10th U.S. Calvary, 24th and 25th U.S. Infantry, will conduct a commemorative ceremony at the San Antonio National Cemetery Friday from 1:30 to 2:30 p.m. The speaker will be retired Col. William E. McAtee.

S.A. Symphony Veterans Day concert

The San Antonio Symphony announces “A Salute to Service,” a free symphonic salute to the veterans of San Antonio and South Texas Friday beginning at 7 p.m. at Municipal Auditorium, 100 Auditorium Circle. The Old Guard Fife and Drum Corps from Fort Myer, Va., will make a special appearance at 6:15 p.m. The event is free; however, tickets are required for admission. Ticket booth opens at 5:30 p.m., doors open for seating at 6 p.m. For more information, call the San Antonio Symphony at 554-1000.

San Antonio Zoo day

The San Antonio Zoo will host a military appreciation day Sunday. This event is free for all active duty, Guard, reservists and retired military personnel and their families.

FORT FREEBIES



Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 295-0512. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: Coleman canoe, 15 feet, \$150 obo; Creative Industries electric potter’s wheel, \$250; Evenheat electric kiln, \$250. Call 650-5986.

For Sale: Trampoline, \$50; prom dresses, \$25 each; books by various authors, hardcover, \$1.50 each, paper-covers, \$.50 each; floor lamp, \$10. Call 295-2372 or 455-5998.

For Sale: 2004 Nissan Titan 4 by 2 King Cab SE, 13K miles, automatic, all power, with six compact disc changer,

fully loaded, \$24,800. Call Joe at 651-4296 after 6 p.m.

For Sale: Sportcraft air hockey table with new paddles and overhead scoring, \$125; 8-foot trampoline, \$100. Call 271-3661.

For Sale: Bound berber carpet, 12 feet by 20 feet, neutral colors, \$200; a-frame porch swing, \$75; three 6-foot bookcases, \$20 each. Call 227-5594.

For Sale: Tan desert boots, tan can-

vas side, cushioned upper part, speed lace, size 10 1/2 wide, \$50. Call 221-0526 and leave message.

For Sale: Mini dachhund, 2 years old, great with children, house broken, has all shots and papers, \$300 obo. Call 845-8517.

For Sale: Fisher Home speaker set, 50 watts, \$45 obo; large china turkey platter, made in England, \$100; would like to purchase home grown persimmons and pecans. Call 673-9649.

CAREER CLIPS

Ophthalmic technician, San Antonio —

Must have previous experience evaluating patients and working knowledge of visual fields, refraction, OCT-ultrasound and have assisted with minor procedures.

Wellness director, San Antonio —

Scheduling, supervising, training of care associates and ensuring delivery of quality resident care in a social environment; coordinate the delivery of services outlined in the personal service plans.

Executive administrative assistant, San Antonio —

Extraordinary proofreading and attention to detail is necessary for reporting; manage a staff of nine to 10 self-efficient personnel; must be very flexible to overtime as required by client.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or by calling 221-1213.